



Robert E. Bush
Naval Hospital

Did you know?...

You have the right to express your concerns about patient safety and quality of care.

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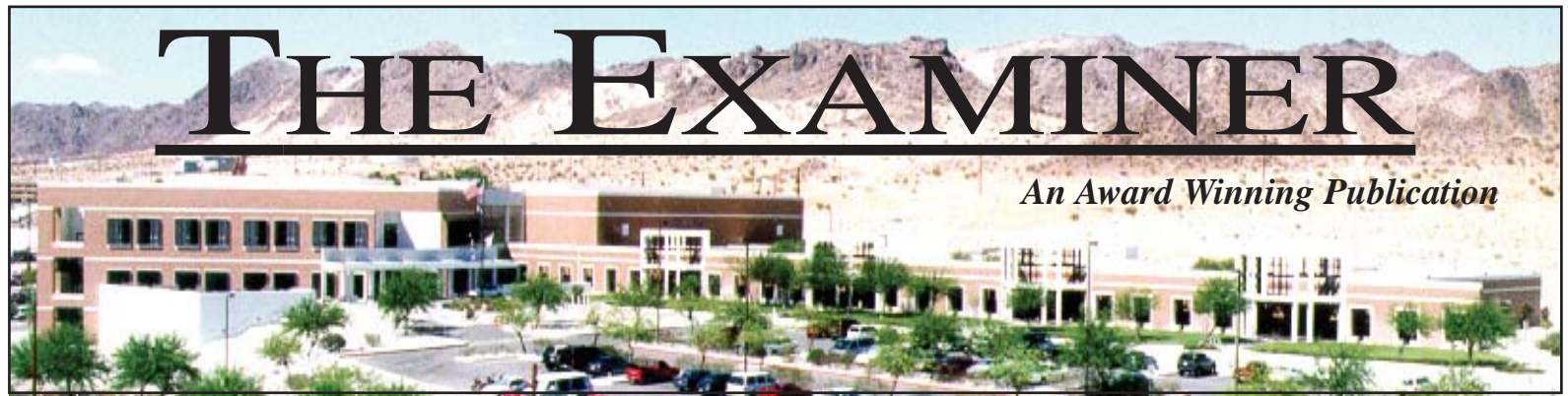
- * Through the ICE website.
- * The Hospital Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the Hospital clinics, or directly to the Joint Commission via: E-mail at complaint@jointcomission.org Fax: 630-792-5636

The Joint Commission
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Combat Center: 760-830-7749
NavMedWest: 1-877-479-3832
Medical IG: 1-800-637-6175
DoD IG: 1-800-424-9098

Commanding Officer
Naval Hospital Public Affairs Office
Box 788250 MAGTTC
Twentynine Palms, CA 92278-8250



<http://www.med.navy.mil/sites/nhttp/pages/default.aspx>

Hospital Corps Celebrates 115 Years

By Hospitalman Jeyzon Fernandez Jimenez
Public Affairs Staff/Editor
Robert E. Bush Naval Hospital

The Hospital Corps 115th birthday celebration will take place June 17. Many of the Hospital Corps employment opportunities have evolved over the years. Hospital Corpsman work in an extensive

number of career fields.

There are approximately 270 Hospital Corpsman on staff at Naval Hospital Twentynine Palms.

Hospital Corpsman First Class, Fleet Marine Force (FMF)



HM1 Andrea N. Turner, Respiratory Therapy Technician.



HM3 Alison B. Raphael, X-Ray Technician.

Andrea Nicole Turner from Denver, Colo., is the Director of Medical Services' (DMS) Leading Petty Officer (LPO) and one of the two Respiratory Therapy Technicians at the hospital. Turner's stepmother, who was a nurse, influenced and sparked her interest in the medical field. When Turner decided to join the Navy, she told the recruiter of her interest. As a result, the recruiter suggested Hospital Corpsman as a career option for Turner.

When asked what her most memorable experience to date in the Navy, she said, "Honestly, there is not one particular experience that stands out to me. My entire career has been memorable and I take little bits from every experience, and those little bits have made me the person I am today."

As a medical professional, she believes that to be a Respiratory Therapy Technician, "definitely

takes drive and dedication to learn the job, and keep yourself trained up on the constant changes of procedures, techniques, medicine, etc. Respiratory Therapy is a vastly growing field." Some of Turner's aspirations are to complete her bachelor's degree in Respiratory Therapy, the possibility of applying to a Physician Assistant (PA) school, and advancement in the Navy.

Additionally, one piece of advice that she gives to junior Sailors is, "Set yourself up for success. The Navy has several opportunities available at your disposal. Work towards your degree, study for advancement, get involved in the Command and Community, and keep yourself educated on the ever changing military policies and procedures, instructions, etc."

Hospital Corpsman Second

Continued on page 7

Patients seen in April -- 12,549

Appointment No Shows in April -- 866

In April we had a 6.5 percent no show rate. We need to keep trending downward by keeping the appointments we make, or by canceling in enough time for someone else to use the slot...

To help patients obtain appointments, the Naval Hospital now shows the number of open appointment slots each day on the hospital Facebook site, check it out.

To make an appointment call -- 760-830-2752

To cancel an appointment call -- 760-830-2369

Sleep Disorders in the Military

*By Martha Hunt, MA CAMF
Robert E. Bush Naval Hospital*

Recent research shows that active duty members are not getting as much sleep as they should. The 2011 Department of Defense (DoD) Survey of Health Related Behaviors was published in late April and revealed that 60 percent of active duty are sleep deprived.

According to this survey, 60 percent of active duty sleep less than the recommended seven to nine hours per night, one in ten sleep less than four hours per night and those with high levels of anxiety, depression, anger and Post Traumatic Syndrome Disorder (PTSD) got four or fewer hours of sleep per night on average.

A 2010 Army study of energy drinks in Afghanistan was published in 2012. To determine the extent of energy drink use and the association with sleep problems and sleepiness during combat operations, Walter Reed Army Institute of Research analyzed data collected by Joint Mental Health Advisory Team 7 (J-MHAT 7) to Operation Enduring Freedom in Afghanistan in 2010.

The analysis showed that: 44.8 percent of deployed service members consumed at least one energy drink daily, with 13.9 percent drinking three or more a day. No differences by age or rank were found. This Army study suggests that high levels of energy drink consumption might indirectly impair performance in a military setting. Service members drinking three or more energy drinks a day were significantly more likely to report: sleeping four or fewer hours a night on average than those consuming two drinks or fewer, sleep disruptions related to stress and illness and were more likely to fall asleep during briefings or on guard duty - but

not while riding in convoys.

Where does the Department of the Navy stand? Consumption of two energy drinks a day increases systolic blood pressure by ten points and heart rate by five to seven beats per minute. The Navy flight community recently decided to ground pilots for 12 hours after consuming a single high energy drink. Please refer to the Navy Aeromedical Reference and Waiver Guide - Supplements for more information on nutrition supplements banned by the Navy Marine Corps flight community.

The Army published a 2013 study stating that sleep apnea and insomnia are the two most common sleep disorders among active duty. The Madigan study included 726 soldiers, most of whom were men, who had some sort of sleep disorder, as well as a control group of soldiers without diagnosed sleep disorders. Among the soldiers with sleep disorders: 27.2 percent had mild obstructive sleep apnea, 24.7 percent had insomnia and 24 percent had moderate to severe obstructive sleep apnea. Researchers also found that the average amount of time the soldiers spent sleeping each night was 5.74 hours - far below the recommended amount of seven to nine hours from the National Institutes of Health (NIH) and the National Sleep Foundation.

What does this mean for you? One of the major impacts of sleep deprivation is drowsy driving. Drowsy driving is driving impaired. A two hour sleep loss is equivalent to a 0.045 percent breath-alcohol concentration, and a four hour sleep loss is equivalent to a 0.095 percent breath-alcohol concentration above the legal limit of 0.08 percent - meaning that you are legally impaired as to how you react to road hazard, reaction times, etc. In California drowsy driving falls under the category

Continued on page 8

Coming Soon to a Clinic Near You...

In an effort to create better patient care, and provide more space for providers, the Behavioral Health Clinic will be moving into new temporary "Relocatable" near the Dental Clinic.

The move is planned for early July.

As more information is available later this month look for updates in the Combat Center's "Observation Post" and on "Speedcall."

Farewell...It Was Fun

*By Dan Barber
Public Affairs Officer (Retired)
Robert E. Bush Naval Hospital*

This edition of the Examiner represents the end of my tenure as its editor...I have handed over the keyboard to my replacements HN Jeyzon Fernandez Jimenez and HN Logan Frutig.

By the time you read this commentary, I will be retired.

I first retired from active duty with the Navy in July 1989 with the goal of moving back home which I did because I spent 20 years feeling homesick. But a strange thing happened...I became homesick all over again, but this time for the Navy. I missed the camaraderie of my shipmates. I felt like a stranger in the town I grew up in, I didn't feel as if I had anything in common with anyone.

Luckily after a couple of years of this "civilian experience" the company that I worked for at the time sent me out to Twentynine Palms to work at the Desert Trail newspaper. I moved into this small desert community and I felt as if I had arrived home because many of my new neighbors were either active duty or retired military members like myself. I was welcomed to the community by a bunch of really nice people. I also discovered the Navy presence at the Marine Corps Air Ground Combat Center.

I started hounding the Human Resources staff at the Combat Center for a job, after a couple of

months of pestering the people there, they finally relented and sent me to the hospital for an interview and I was hired, and back home with the Navy. That was in May 1993.

I started producing the Examiner for the patients and staff of the Naval Hospital in November 1994. The June 2013 issue represents the 223rd edition of the hospital's newsletter that I've worked on.

This job has allowed me to witness some very remarkable people doing some very remarkable things. As a civilian employee in a military environment you see people come and go...sometimes you see them come and go more than once. I saw young Sailors reporting to the hospital, they would then transfer away and it seems like a very short time later they would check back in as a young Ensign...I even had the pleasure, on two separate occasions, of taking the photographs Corpsman being promoted to Chief Petty Officer and then a couple of years later shooting the photo at a ceremony when they received a commission as a Navy Officer.

I always advised young Sailors to look at this place as a stepping stone in their life. Use this opportunity to learn and advance and to keep in mind that they are very important to the mission of the command.

I've seen people come to this desert community not expecting to like it very much...but more often than not, the community grows on them...If my experience is any indication, it is never the place that you come to love and miss when you leave...it is the people in that place you miss the most.

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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Men's Internet Health Awareness Month

*By Martha Hunt, MA CAMF
Health Promotion and Wellness
Robert E. Bush Naval Hospital*

The theme of 2013's Men's Health Month is to highlight the risks of internet hoaxes - fake medicines, supplements, treatments, etc. Always remember, if it is too good to be true, it isn't.

The internet has a wealth of information on it as well as a wealth of scam products. Here are some tips from the Food and Drug Administration (FDA) to help you avoid fraudulent health care products; especially the nutrition weight loss products that at best don't hurt you but at the worst, can easily kill you.

Fiction: Products that claim you can eat whatever you want and however much you want with no limits. A pill that will allow you to eat whatever you want and still lose weight? Science may be good, but it's not going to change the laws of physics. What goes into your body must go somewhere, whether it is expended into energy, turned into fat, or turned into waste; your body must do

the work to expend the calories.

Fiction: Products that claim your weight loss will be permanent even after you stop using the product. A pill that will curb your appetite is only going to work while you use the pill. Anything permanent is going to require a permanent lifestyle change. Notice a theme here?

Fiction: Products that claim they will block absorption of calories or fat and lead to substantial weight loss. Even fat blockers must be used in conjunction with a lower calorie diet.

Fiction: Products that claim you can safely lose more than three pounds a week for more than four weeks at a time. You should consult your health care professional for what your goal weight loss should be every week, especially if you are diagnosed with obesity. Intense weight loss of more than three pounds per week over several consecutive weeks can be damaging to your organs and cause health problems.

Fiction: Products that claim all users will lose substantial weight. No product can work for everyone.

Fiction: Products that are worn on the body or rubbed on the skin will cause substantial weight loss. Patches, creams, lotions, body wraps, clothing, shoes, earrings, rings, belts, buzzers, etc. etc. - leading to weight loss? Weight loss can only occur through changes in diet and exercise. However, if your purse or back pack is heavy enough, that may help but then your back hurts.

Many dietary and so called nutrition supplements are under investigation by the FDA as they have been linked to serious side effects including death and seizures. Remember, when you take supplements and you think you know how to take them properly, that the people who died or had other adverse side effects also thought they knew how to take them properly.

Nutritional supplements are not regulated by the FDA and so have never been proven to be safe or beneficial. If something seems too good to be true, then it usually isn't true. Use common sense and consult a registered dietitian before taking any nutritional supplements. The hospital's registered dietitian

can help you achieve a healthier lifestyle through nutrition.

Also, be tobacco-free. Tobacco use is the leading detractor of combat fitness. Any supplements you take or life changes you are trying to make will be cancelled out by tobacco use. Tobacco affects every cell in your body and cancels any benefits of your healthy lifestyle choices. Avoid all forms of tobacco and secondhand smoke. Inhaling other people's smoke causes health problems similar to those of smokers. There is no safe form of tobacco and that includes electronic products such as e-cigarettes. Call Health Promotion and Wellness at 760-830-2814 if interested in quitting tobacco.

For more information from the FDA on supplements, go to - <http://www.fda.gov/food/dietary-supplements/>. In addition, The Office of Dietary Supplements offers a free app called the "My Dietary Supplements (MyDS) App." MyDS gives you an easy way to keep track of the vita-

mins, minerals, herbs, and other products you take. MyDS version 2.0 works on the Apple iPhone, iPad, and iTouch devices, Android phones and devices, Kindle Fire, and BlackBerry Touch devices running OS6 and above. MyDS will also work on your desktop/laptop with the Chrome and Safari browsers. Access MyDS at <https://myds.nih.gov>.

The DoD offers information at the Human Performance Resource Center at <http://hprc-online.org/dietary-supplements>. This site offers online help, official instruction assistance, a natural medicine data base and many other services to help you make an informed decision as to what supplements are safe to use.

For more information on men's health go to either the "Men's Check List" at <http://www.ahrq.gov/ppip/healthymen.htm> or 'Get Dad to the Do <http://www.dadtothedoc.org/>."

Referral Process Extended to June 18

Temporary Referral Process Established to Aid Patients has been extended through June 18.

The Department of Defense has authorized TRICARE Prime patients to receive covered specialty care from a network provider without having to first obtain an authorization number from the new regional contractor United Healthcare Military & Veterans.

This action was prompted to allow the regional contractor time to iron out referral processing issues they have been experiencing.

However, you will need to do the following to ensure you receive the right care from the right provider.

After your visit with your provider at Naval Hospital Twentynine Palms, you should go to the Referral Management Center (RMC), located in waiting area A. The staff there will provide you with your referral and a letter explaining this temporary authorization to your network specialist. They will also fax your information to that provider so you can make an appointment to be seen without further delay.

Working with the RMC staff will ensure that your Primary Care Manager (PCM) here receives the information back from the specialist. The RMC staff will also help you avoid getting a bill that TRICARE won't pay.

There will be no change for internal referrals to specialty care within the hospital or for a referral

for active duty personnel to another Military Treatment Facility (Naval Medical Center San Diego-Balboa or Naval Hospital Camp Pendleton).

Naval Hospital Twentynine Palms remains committed to ensuring our beneficiaries get the care needed as quickly as possible. This temporary fix will be in effect until June 18 with possible extensions as needed.

If you have questions please contact the Referral Management Staff at (760)830-2616.

*By Ensign Saintheresa Jackson
Multi-Service Ward
Robert E. Bush Naval Hospital*

Did you know the rose is the official flower for Father's Day? Did you know in America over one billion dollars is spent yearly buying gifts for dads?

While other major holidays such as Christmas are highly celebrated in America, Father's Day is also one of the most celebrated holidays in the United

States.

The concept of Father's Day was first thought of a little more than a century ago by Sonora Dodd of Spokane, Wash. Dodd wanted a special day to honor her father, William Smart, a widowed Civil War veteran who was left to raise his six children on a farm after his wife died from childbirth. With much perseverance and determination, Father's Day was first celebrated June 19, 1910.

Father's Day represents a day

Continued on page 6

You have the Power?

Did you know that you have the power to influence how you are cared for at the Robert E. Bush Naval Hospital?

If you have recently received health care at the hospital you may receive a patient satisfaction survey form from the Navy's Bureau of Medicine and Surgery regarding your visit.

Your opinion about the service you received is very important to the staff here at the hospital and to our leadership in Washington, D.C. Please take a few minutes to complete and return the survey, noting our strengths and probably more importantly recommendations for areas to we need to improve. This data is very important to the leaders of the hospital.

Super Stars...



CS2 Ronderick M. Boggess, Combined Food Services Dept., receives both a Letter of Commendation and a Letter of Appreciation.



HA Andres Loza, Adult Medical Care Clinic, receives a Letter of Appreciation from Naval Hospital Camp Pendleton, Calif., his former command.



HM3 Andrew J. Taraski, Main Operating Room, receives a Navy and Marines Corps Achievement Medal.



Lt. Cmdr. James A. Ketzler, Clinic Manager of Orthopedics and General Surgery Clinic, and Department Head of Multi-Service Ward, receives a Gold Star in lieu of his second Navy and Marine Corps Commendation Medal.



Lance Cpl. Jacob R. Emerson, 2nd Battalion, 6th Marines, of Sunman, Ind. while as a patient of the hospital is promoted to his current rank. Shown here is from left to right, Lance Cpl. Jacob R. Emerson and Lt. Col. Michael J. Carroll.



HM3 Christopher J. Turner, General Surgery, takes the oath at his reenlistment ceremony. Turner reenlisted for two years.



HMI Summer M. Webb is piped ashore at her retirement ceremony.



The quarterly Nursing Skills Fair was held May 3 and 9. All Naval Hospital Twentynine Palms Nurses and Hospital Corpsman were invited to attend this event. There were several participants that included a mix of Registered Nurses, Licensed Vocational Nurses, Medical Assistants, and Hospital Corpsman from 16 departments that were represented. Topics that were covered included: Airway Management, Equipment Familiarization, Infection Control, Blood Administration, ZOLL/Crash Cart and Simulation Mannequin. Future plans are underway for the next quarterly skills fair to be announced.



Lt. Alessandra E. Ziegler, Staff Nurse on the Emergency Medicine Department, receives a Navy and Marine Corps Commendation Medal.



Lt. Marcus M. Allen, while deployed as Assistant Head of Administration Department, receives a Gold Star in lieu of his fifth Navy and Marine Corps Achievement Medal.



Lt. Gretchen S. Jackson, Department Head of Human Resources Dept., Command Individual Augmentee Coordinator (CIAC) and Plans, Operations and Medical Intelligence (POMI) Officer, receives a Letter of Commendation for being selected Officer of the 2nd Quarter.



Ms. Misty Foote, Fiscal Dept., receives a Letter of Commendation for being selected as Junior Civilian of the 2nd Quarter.



Ms. Donna Weeks, Branch Health Clinic China Lake, receives a Letter of Commendation for being selected as the Senior Civilian of the 2nd Quarter.

The Warmth of Summer Has Hit the Desert

By HN Max D. Mitrovich
Adult Medical Care Center
Robert E. Bush Naval Hospital

Hopefully its news to no one that Twentynine Palms is a hot place during the summer months.

In fact, it is less than 250 miles from one of the hottest places on Earth, Death Valley. Because of its location in a desert, it is important to know if it is safe to go outside for an afternoon run.

Fortunately, the base uses the Wet Bulb Globe Temperature (WBGT) to accurately inform the personnel when it is advisable not to do physical training (PT) outdoors. According to Preventative Medicine Technician, Hospital Corpsman Third Class Martel J. Thomas, "The WBGT takes into account the temperature, humidity and wind speed (wind chill) to determine if it is too hot to PT outside."

The months of June, July and

August temperatures average over one hundred degrees Fahrenheit. One may assume that a black flag is flown almost every day. But last summer only about five black flag days were issued at Naval Hospital Twentynine Palms. This is where humidity and wind chill come into play. In an arid climate, such as Twentynine Palms, there is relative low humidity level, which is good for mammals, such as humans, because the perspiration on the skin is able to evaporate; perspiration is the body's natural way of regulating heat. In places where humidity is relatively high, like in Florida, the humidity bogs down the process of evaporation causing the body not to cool itself down.

Regardless of the color of the WBGT flag, general measures of safety should be taken to make sure individuals are not a casualty to the heat. Apply sun screen with at least 30 Sun

Protection Factor (SPF) liberally, and reapply every hour to protect your skin against harmful ultraviolet B rays which

causes sunburns. And as all Sailors and Marines know from the first day of boot camp: Hydrate. Having a water source,

free of caffeine and sugar, should be carried at all times when outside or doing any strenuous activity.

New Nurses Welcomed



Naval Hospital Twentynine Palms proudly welcomes Ensign Jessica Diaz-Fuentes as its newest member of the Director Medical Service team. Diaz-Fuentes, an Emergency Room (ER) nurse by trade, will be assuming the role of staff nurse in the Emergency Department. Prior to joining the Navy, Diaz-Fuentes attended college at Wright State University in Dayton, Ohio. Following her graduation in 2010 she returned to her hometown of San Diego to work as an ER nurse. Of personal note, Diaz-Fuentes is fluent in Spanish and has an identical twin sister. Her hobbies include traveling, Latin dancing, exercising, and going to the beach.



Naval Hospital Twentynine Palms proudly welcomes Lt. j.g. Claire Berkeley-Hitt as its newest member of the Director of Nursing Services team. Berkeley-Hitt, a Medical-Surgical Nurse and Asthma Educator, will be assuming the role of staff nurse on the Multi-Service Ward (MSW). Prior to joining the Navy Berkeley-Hitt attended East Carolina University. Following her graduation in 2009 she joined the Navy to travel the world. Unfortunately her first duty station was Walter Reed Bethesda; 347 miles from home in Cortland, N.Y. In her spare time Berkeley-Hitt enjoys yoga, hiking, weight lifting, traveling, watching plays, going to concerts, and playing golf.



Naval Hospital Twentynine Palms proudly welcomes Ensign Jessica Anderson as its newest member of the Director of Nursing Services team. Anderson, a Medical-Surgical Nurse, will be assuming the role of staff nurse on the Multi-Service Ward (MSW). In addition to her nursing duties Anderson is also the command's senior Ensign, also known as the "Bull Ensign." Prior to joining the Navy Anderson attended college at the University of Wisconsin, Oshkosh. Following her graduation in 2010 she worked at a local Wisconsin hospital as a Medical-Surgical Nurse for two years. Of personal note Anderson hails from Madison, Wis. In her spare time she enjoys yoga, hiking, watching movies, swimming, cooking, long distance running, and snow boarding.

Father's Day...

Continued from page 3

that fathers can be told how much they contribute to the lives of their families.

On Father's Day, fathers are celebrated for the strength, courage, and the love they provide. Research shows that fathers strengthen a child's development when they take an active role in their lives.

Children rely heavily on their fathers for growth socially, spiritually, emotionally, and physi-

cally. For daughters, a father is the perfect man; whereas for sons, a father is the ultimate person to imitate.

When it comes to your father, the name you refer to him as is up to you. Whether it is Daddy, Pops, Papa, Padre, or Old Man, fathers hold this name as a title of endearment. So, take the time to tell your father how much he means to you this holiday.

For more information on the impact father's play in the lives of their children visit: <https://www.childwelfare.gov/systemwide/statistics>

Celebrates 115...

Continued from page 1

Class Patrick M. Malone of Waukon, Iowa, is an Optician who checked onboard the hospital in May 2010. He currently works at the Optometry Clinic.

Malone has many memorable experiences. But the one that is the most memorable to him was in 2005 when a tsunami impacted the shores of the island country of Sri Lanka in South Asia. Malone, who was 19-years-old at the time, had recently checked onboard a ship. Malone and other Sailors from his command were actively involved in providing medical humanitarian assistance to the victims of Sri Lanka. "I was there for two months straight...doing just regular sick call, helping them with disposal of waste, etc," said Malone. The look on the victims' faces is something that continues to be unforgettable to Malone.

Another memorable experience was when he reported to Italy in 2008. He used this opportunity to go on a two week backpacking adventure with a friend throughout Southeastern Europe. During his backpacking trip, he enjoyed visiting the legendary Count Dracula's Bran Castle in Bran, Romania.

Hospital Corpsman Third Class Alison B. Raphael from Montville, N.J., is an X-Ray Technician who arrived onboard in July 2012.

Raphael shared that her reasons for becoming a Hospital Corpsman were linked to her medical education background obtained through some years of nursing school. One of her most unforgettable experiences in her naval career was graduating from X-Ray C School.

"I had grown so close with everybody that I went to school with. And we really grew such a gorgeous relationship...When it was time to say good-bye, it was like a bitter-sweet experience for me because these were the closest friends I had built since I've been in the military, especially in such a short period of time. But, obviously, we can't stay in school forever," said Raphael.

Another memorable experience in her career was when she was nominated Blue Jacket of the Year at her previous command in Sicily, Italy. So, what does it take to be a X-Ray Technician? Raphael emphasized that it takes a lot of patience, motivation, being good with patient care, plenty of drive and energy.

Raphael's future career ambitions are to continue with her x-ray education, plus she plans on opening a private pre-school. Raphael's advice to Sailors, "Try not to get caught up in an identity crisis. To realize that you don't have to be two completely separate people inside and outside the uniform. That's where a lot of people, I feel, get stuck in a rut; they get in trouble because they feel like they have to be perfect in uniform. And then, once they take it off, then they want to kind of revert back to, maybe, old habits. And that's my biggest advice; just to keep it with you outside of work as well, so that you don't fall in that identity crisis category," said Raphael.

Hospitalman Christopher J. Moran of Las Vegas, Nev. is a Surgical Technologist who arrived on board December 2011. Moran pointed out that his reasons for joining the Hospital Corpsman rate are

Continued on page 8

According to the Navy Personnel Command website, the various Navy Enlisted Classification (NEC) codes for the Hospital Corpsman community are as follows:

- 8401 - Search & Rescue Medical Technician**
- 8402 - Submarine Force Independent Duty Corpsman (IDC)**
- 8403 - Fleet Marine Force (FMF) Reconnaissance Independent Duty Corpsman (IDC)**
- 8404 - Field Medical Service Technician**
- 8406 - Aerospace Medical Technician**
- 8407 - Radiation Health Technician**
- 8408 - Cardio Vascular Technician**
- 8409 - Aerospace Physiology Technician**
- 8410 - Biomedical Equipment Technician**
- 8416 - Nuclear Medicine Technician**
- 8425 - Surface Force Independent Duty Corpsman (IDC)**
- 8427 - Fleet Marine Force (FMF) Reconnaissance Corpsman**
- 8432 - Preventive Medicine Technician**
- 8434 - Hemodialysis/Apheresis Technician**
- 8451 - X-Ray Technician (Basic)**
- 8452 - X-Ray Technician (Advanced)**
- 8454 - Electroneurodiagnostic Technician**
- 8463 - Optician**
- 8466 - Physical Therapy Technician**
- 8467 - Occupational Therapy Assistant**
- 8472 - Biomedical Photography Technician**
- 8482 - Pharmacy Technician**
- 8483 - Surgical Technologist (Also 8783)**
- 8485 - Psychiatry Technician**
- 8486 - Urology Technician**
- 8489 - Orthopedic Cast Room Technician**
- 8493 - Medical Deep Sea Diving Technician**
- 8494 - Deep Sea Diving Independent Duty Corpsman (IDC)**
- 8496 - Mortician**
- 8503 - Histopathology Technician**
- 8505 - Cytotechnologist**
- 8506 - Medical Laboratory Technician (Advanced)**
- 8541 - Respiratory Therapy Technician**
- 8701 - Dental Assistant**
- 8702 - Expanded Function Dental Assistant**
- 8707 - Field Service Dental Technician**
- 8708 - Dental Hygienist**
- 8752 - Dental Lab Technician (Basic)**
- 8753 - Dental Lab Technician (Advanced)**
- 8765 - Dental Lab Technician (Maxillofacial)**



Celebrates 115...

Continued from page 7

because he enjoys taking care of people and likes helping them become healthy. Moreover, Moran said a memorable experience throughout his career has been on him noticing that assisting surgeons in the operating room is an opportunity that many people his age do not have in the civilian world. He started assisting surgeons at the age of 19 when most of his friends had just graduated high school or were commencing their college path.

What does it take to be a Surgical Technologist? Moran believes that it takes dedication, integrity, plenty of studying, and



HM2 Patrick M. Malone, Optician.

knowing what is right and wrong. One of his future goals

is to attend the University of California, Los Angeles (UCLA) to work on his pre-medical education. His advice to fellow Corpsman highlights the importance of being persistent and not to become discouraged when one has done something wrong. Rather, he emphasizes to use such mistakes as a learning experience.

"I hold the care of the sick and injured to be a privilege and sacred trust...I dedicate my heart, mind, and strength to the work before me. I shall do all within my power to show in myself an example of all that is honorable and good throughout my naval career." These words, taken from the Corpsman Pledge, constitute what the Hospital Corpsman continuously and traditionally live by. Hospital Corps, thank you for your continuous Honor, Courage, Commitment, Integrity, and Service. Happy 115th Birthday Hospital Corps.



HN Christopher J. Moran, Surgical Technologist.

Super Stars...

Continued from page 5



YN2 Robert W. Fields, Manpower, receives a Letter of Appreciation.



RN Kristine Penley recently passed her national board certification from the American Association of Critical Care Nurses (AACN). According to the AACN website, "Voluntarily testing themselves against a national standard, certified nurses are role models of professional accountability. They distinguish themselves through a commitment to lifelong learning and career advancement."

Sleep Disorders...

Continued from page 2

of reckless driving and carries both a one thousand dollar fine and/or 90 days in jail. You can also face civil charges from the person who you hit and their family and heirs.

How much sleep do we get? Prior to 1900, Americans slept over nine hours per night. Then we installed electricity in our homes and started sleeping less and less over time. Now we are too distracted by computers, TV, etc. to sleep and the average American sleeps less than six hours per night. For reliable sleep information online, go to the NIH sleep awareness webpage <http://health.nih.gov/topic/SleepDisorders> or the National Sleep Foundation web page <http://www.sleepfoundation.org/>.